



# Accessing **MENTAL HEALTH** Services during Winter Break 12/28/20 - 1/1/21

1

## **Call the BHS Hotline: 617-635-9676**

School psychologists and social workers will be on call Monday - Friday, 9am - 5pm during winter break. If you need mental health support for your student, you can call the hotline, and they will help connect you to appropriate resources.

2

## **Contact your child/student's doctor.**

For additional support over the closure, reach out to your child's doctor. Use online messaging or the phone to contact the office and identify resources.

3

## **Call the BEST team: 1-800-981-HELP (4357)**

The Boston Emergency Services Team (B.E.S.T.) sends mobile crisis clinicians to homes, schools, outpatient clinics and many other community locations.

4

## **Go to urgent care center or clinic**

In the case of an emergency, local urgent care centers or clinics can provide additional support. BEST urgent care locations recommend you call ahead before visiting: 1-800-981-4357

BEST Bay Cove Urgent Care  
Solomon Carter Fuller Mental Health Center  
85 East Newton Street, 1st Floor  
Boston, MA 02118

BEST North Suffolk Urgent Care  
Erich Lindemann Mental Health Center  
25 Staniford Street, 2nd Floor  
Boston, MA 02114

BEST North Suffolk Urgent Care  
140 B South Street  
Jamaica Plain, MA 02130



**BPS** Department Of  
**Behavioral Health**  
**Services**



**Boston Public Schools**  
Every Child Deserves a Safe  
and Supportive School

# Additional Resources:

## FOR EMERGENCIES

Call **911** if you are concerned about imminent danger

### FOR MENTAL HEALTH EMERGENCIES

Call the BEST team: **1-800-981-HELP (4357)**

Call or text Samaritans' 24/7 statewide Helpline:  
**877-870-4673**

### HOTLINES

DCF: (617) 748-2000

Domestic Violence: (877) 785-2020

Child Advocacy Center of Suffolk

County: (617)-779-2146

## FAMILY RESOURCES

[BPS Coronavirus Website](#)

[Talking to Children about COVID-19](#)

(English, Spanish, Amheric, Chinese, Korean, French & Vietnamese)

[Countering Coronavirus Racism and Stigma](#)

(English and Spanish)

[Managing Stress and Anxiety During this Outbreak](#)

[Coronavirus Information and Resources](#)

[Common Sense Media App Review for Mental Health Apps](#)

[Helping Children Cope with Emergencies](#)

[Taking Care of Your Behavioral Health](#)

[Children's Advocacy Center Resources](#)

## COMMUNITY RESOURCES

For a **complete** list of all resources, please refer to the [City of Boston Resources Page](#), which is being updated frequently

### FOOD

3-1-1  
&  
DTA Assistance Line  
(877) 382-2363

### UNEMPLOYMENT

[Department of Unemployment Assistance \(MA\)](#)

[Donation & Relief Funds from City of Boston](#)

[Rental Relief Fund](#)

Emergency Assistance Available by calling:

- 2-1-1 (statewide)
- 3-1-1 (city of Boston)

### HEALTHCARE

(physical & mental)

Mayor's Healthline  
617-534-5050

### IMMIGRATION

[Resource Guide for Immigrant Families](#)

You can also call the [Boston Office of Immigrant Advancement](#) at 617-635-2980

### HOUSING

[Office of Housing Stability](#)  
617-635-4200

Request initial referrals for a voucher program for doubled-up families by completing this [form](#). Note that this is a new partnership and will not address immediate safety needs; please utilize the Office of Housing Stability too and consult with the BPS Opportunity Youth department to ensure safety first.